**IN THE ABSTRACT**:

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A method of measuring moisture content, wherein, as an example, a microwave

cavity resonator with two holed two single-holed iris plates that are arranged vertically in

tube axis at the mid point mid-point of a wave guide is used. A specimen is disposed in

a slit formed at a resonator portion between the iris plates, and a resonance peak level is

measured in real time. Based on a difference in resonance peak level between cases

when the specimen is not present in the slit and the specimen is present in the slit, the

moisture content or the moisture percentage of the specimen is obtained.

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